

A BRILLIANT ME IN ACTION ONE PAGE GUIDE TO...

REGULATE, RELATE, REASON

Dr. Bruce Perry's 'neurosequential' model helps adults respond to children who are dysregulated. The three steps reflect the order in which the brain processes information when under stress:

WHAT?

- **Regulate** the body and nervous system (using rhythm, breath, sensory tools)
- **Relate** through connection, empathy, and attunement
- **Reason** by engaging in problem-solving, reflection, or learning

This sequence must be followed in order—children must feel safe and connected before they are ready to talk, think, or learn.

WHY?

The brain cannot learn or reason when in survival mode. The model is grounded in neuroscience and promotes a compassionate, developmentally sensitive response to behaviour. It helps adults understand that teaching, reasoning, or discipline is ineffective (and possibly harmful) when a child is dysregulated.

SEL?

The 3Rs is a universal model that supports SEL by strengthening co-regulation, emotional literacy, and relationship-based learning. They are an important way that adults can help children develop **self-awareness** and **self-management** skills and strategies. Co-regulation is a key step towards self-regulation.

- Prioritise calming strategies (e.g. movement, breathing, sensory breaks) before addressing behaviour.
- Build strong, trusting relationships between staff and pupils.
- Model co-regulation by staying calm and emotionally available in times of stress.
- Teach reasoning skills like reflection, problem-solving, and perspective-taking after regulation.
- Use the three steps as a shared language across the school.

FIND OUT MORE

- www.neurosequential.com (Dr Perry's website)
- [Beacon House Resources The Three R's](#)
- [Lynburn Primary School Family Wellbeing Resource](#)
- [Bruce Perry speaking about the Model](#) (part of an excellent series of short films with Dr Perry)
- **Book**
 - *Know Me to Teach Me*, Louise Bombèr, Worth Publishing 2020

SEE ALSO

- PACE
- Window of Tolerance
- Self-Reg
- The Polyvagal Theory

